Lloydspharmacy

SpotClear *Advance*

User Manual

Tested and approved by:

THOR
THE FUTURE OF MEDICINE

Model LLAC1

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Introduction

Thank you for purchasing the Lloydspharmacy SpotClear *Advance*.

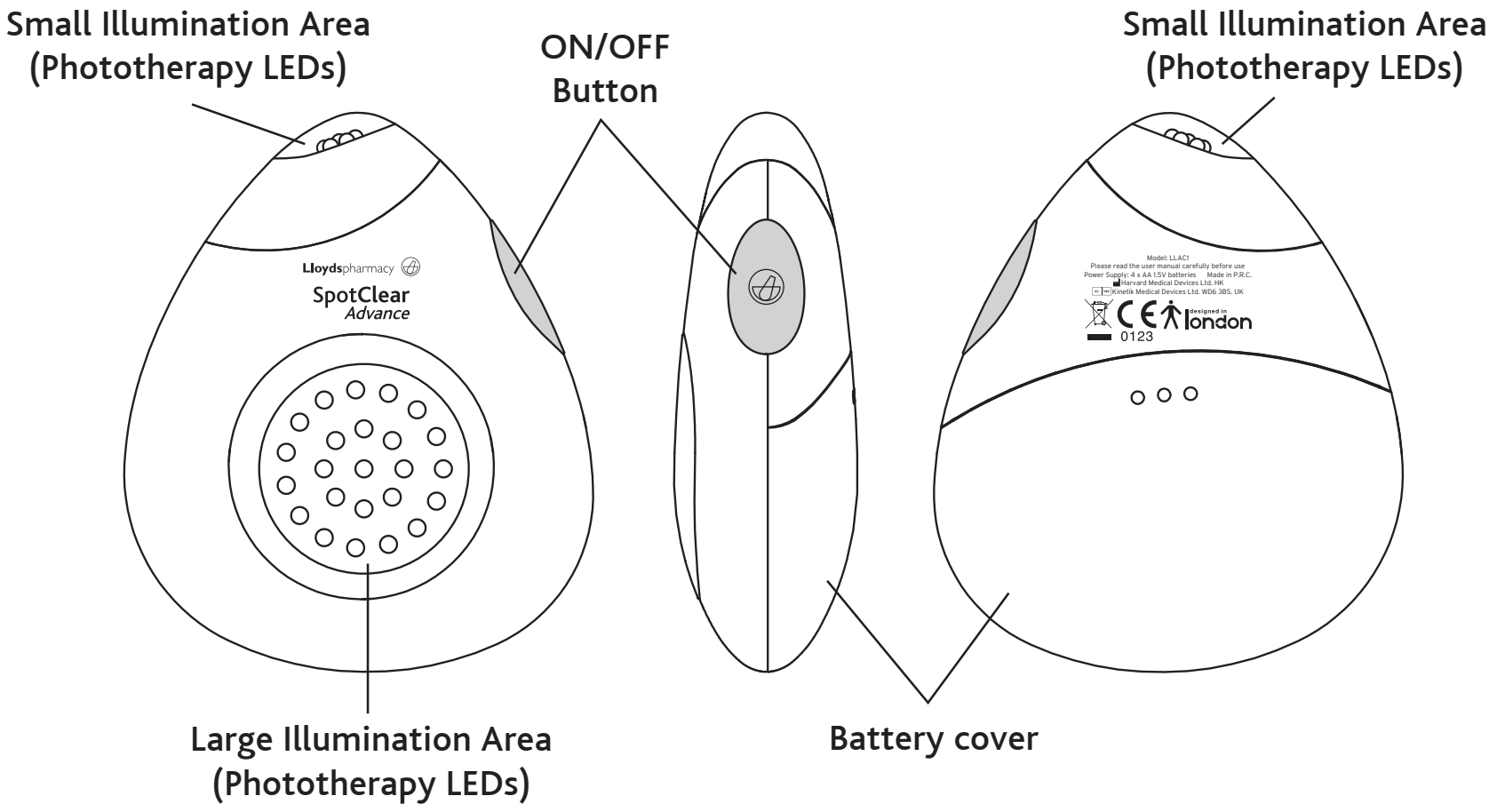
The Lloydspharmacy SpotClear *Advance* is highly effective at reducing the symptoms of acne and spots. It uses Red Light Therapy which is recognised as a safe and effective treatment by many healthcare professionals. Before using, please read the instructions carefully.

12.7 million people in the UK suffer from spots and acne. Spots and acne are caused by the over activity of the sebaceous glands that secrete sebum, an oily substance, on to your skin.

The Lloydspharmacy SpotClear *Advance* is an innovative and effective treatment which uses Red Light Therapy to stimulate cell regeneration, thus speeding up the healing time of spots and acne. This treatment also reduces the inflammation associated with spots and acne; use it only 3 times a day to treat active breakouts or whenever you feel a spot is coming.

IMPORTANT: PLEASE KEEP THIS USER MANUAL FOR FUTURE REFERENCE

Parts


Small Illumination Area
(Phototherapy LEDs)
ON/OFF
Button
Small Illumination Area
(Phototherapy LEDs)
Lloydspharmacy
SpotClear
Advance
Model: LLAC1
Please read the user manual carefully before use
Power Supply: 4 x AA 1.5V batteries Made in P.R.C.
Harvard Medical Devices Ltd. HK
Kinetik Medical Devices Ltd. WD6 3BS, UK
0123
designed in
london
Large Illumination Area
(Phototherapy LEDs)
Battery cover

General Warnings and Safety

Notice:

- This is not a toy, do not look directly into the LEDs, even when using optical protection (for example sunglasses)
- Do not use if your eyes are sensitive

Warnings:

- Children under 12 years of age must be supervised by an adult when using this product
- Not suitable for people with pacemakers or other implanted medical devices
- Avoid using the device in the vicinity of flammable or anaesthetic gases
- Do not use the device if you are connected to, or in the vicinity of high-frequency surgical or industrial equipment
- Do not use the device in the direct vicinity of short-wave or microwave equipment
- Do not shine directly into the eyes of other people or animals

Using your SpotClear *Advance*

1. Ensure that the area to be treated is cleaned before use.
2. Press and hold the ON/OFF button for 2 seconds to turn the unit on. The unit will emit a beep while in use, signifying that the device is working properly. Press the ON/OFF button again to switch between the small and large illumination areas.

NOTE: Both illumination areas are identical other than size. Select the illumination area most suitable for the application required. The larger of the two should be used for treating multiple acne spots, the smaller of the two may be better for treating individual spots in hard to reach places (e.g. upper lip or side of the nose).

3. Gently place the illumination area on to the spot or pimple (for the most effective results, the illumination area must touch the acne at all times). Keep the illumination area in place until the 1 minute treatment cycle has ended.
4. When the battery power is low, a continuous beeping sound will be heard to indicate that the batteries should be replaced.
5. Once the treatment cycle has ended the unit will automatically switch off. Clean the illumination area with an alcohol wipe. Do not immerse the unit in water.

THE ILLUMINATION AREA SHOULD BE CLEANED CORRECTLY BEFORE AND AFTER USE

Using your SpotClear *Advance*

SpotClear *Advance* is a personal treatment device. To avoid cross contamination, do not share this device with other people.

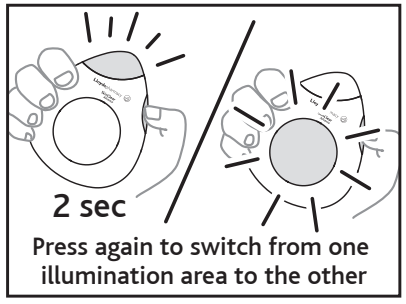
Treatment Time and Intervals

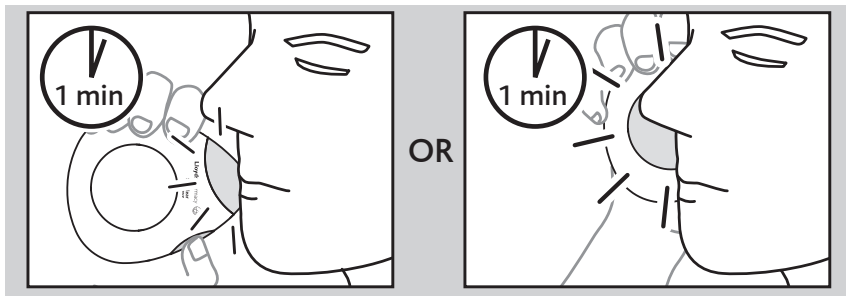
One treatment cycle lasts for approximately 1 minute. The unit will automatically turn off after the treatment cycle is over. If you need to turn the unit off during treatment, press and hold the ON/OFF button.

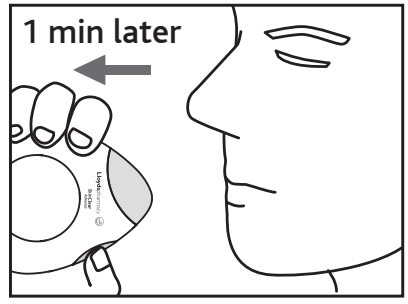
For best results, do not exceed 1 treatment cycle in the same area in any 1 hour period. Repeated (back to back) treatment cycles in the same area will actually reduce the healing effects and is therefore not recommended. If you have multiple areas to treat, treat each area for 1 minute then move to the next affected area.

For some people, a single treatment cycle, three times a day, for 3 to 5 days may help to reduce symptoms of spots and acne. Additional treatment cycles may be permitted and indeed will be beneficial, provided you do not exceed 1 treatment cycle, in the same area, in any 1 hour. Continue daily treatment as needed.

NOTE: If you feel any discomfort or pain at any time during treatment, turn the unit off and stop using immediately. Consult your Lloydspharmacy pharmacist for advice.



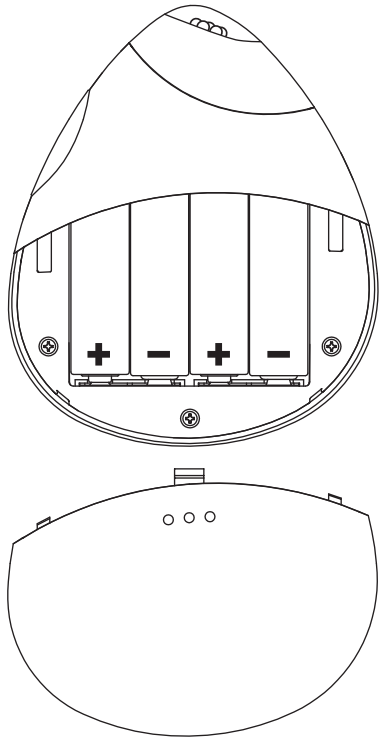




Battery Information

Inserting the batteries into the unit

1. Open the battery cover at the back of the unit.
2. Insert 4 x AA size batteries (not included) observing the correct polarity as shown on the inside of the battery compartment.
3. Replace the battery cover.



- Dispose of batteries safely according to the battery manufacturer's instructions
- Remove the batteries if the product will not be used for a long period of time
- Do not mix old and new batteries or different types of batteries
- WARNING: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water
- Keep batteries away from infants and young children

Specifications

Model Number:	LLAC1
Product Name:	Lloydspharmacy SpotClear *Advance*
Technology of Treatment:	Single wavelength phototherapy
Red Wavelength:	660 nm ±20nm
Operating Time:	1 minute ±10s
Operating Temperature / Humidity:	10°C ~ 40°C (50°F ~ 104°F) / 20% ~ 85% RH
Storage and Transport Temperature/ Humidity:	-5°C ~ 50°C (-23°F ~ 122°F) / less than 85%
Battery :	4 x AA batteries (not included)
Life of Battery:	Approx 50 treatments (1 min each time)
Size:	Approx H 106 mm × W 89 mm × D 35 mm
Weight:	Approx 73g (without batteries)

Troubleshooting

Problems	Cause	Solution
Can not turn on the device	• Batteries are not installed or low on power	• Install/change the batteries as necessary
	• Batteries are not installed correctly	• Check batteries are inserted correctly • Re-insert batteries observing the correct polarity
	• Did not press the ON/OFF button for 2 seconds	• Press the ON/OFF button for 2 seconds again
Hear a rapid beeping sound	• Low battery	• Replace with new batteries

Frequently Asked Questions

How does SpotClear *Advance* work?
It uses Red Light Therapy which is applied to the affected skin area to be treated to promote cell regeneration and reduce inflammation. This helps to speed the healing of spots and acne.

What is Red Light Therapy?
Red light therapy is a type of Low Level Light Therapy (LLLT) which is the application of light of narrow spectral width in the red or near infrared (NIR) spectrum to promote healing and reduce inflammation.

Can this therapy work for me?
We are all made up of cells and when they are stressed a molecule called Mitochondrial Nitric Oxide (NOMT) is produced which indirectly reduces the ability of the cells to fight infection and repair. This can result in skin damage in the shape of a spot and acne.

The primary effect of Red Light Therapy is to displace the NOMT and this has been shown many times to improve healing in a wide range of medical conditions including spots and acne.

Frequently Asked Questions

What kind of improvement can I expect?
A reduction in inflammation and a reduction in healing time.

How long will it take to heal my spots and acne?
It will be different for each person, but on average, the time to heal a spot or acne is reduced by around half compared to leaving to heal without treatment.

Are there any age restrictions?
The SpotClear *Advance* is suitable for all ages (excluding children under 3 years of age) but we would recommend that children under 12 years of age are supervised.

Is the SpotClear *Advance* safe to use?
Yes – there is no evidence of any negative side-effects.

Is there any heat produced?
Virtually none.

Does the treatment hurt?
No it is totally pain free.

Frequently Asked Questions

How often should I use the SpotClear *Advance*?
One minute, 3 times a day, until spots and acne have healed.

Are there any risks from over-use?
No – there is no evidence of any side effects from over-use. However, you must not exceed 1 treatment cycle in the same area in any 1 hour period as this can reduce healing time.

Can I damage my eyes from looking into the lights?
The lights are LEDs, not lasers, so they are safe, however it is advisable to avoid looking into any bright light.

How much does each treatment cost?
The total running cost is about 2 to 3 pence per treatment. This is based on the useable life of the LEDs and batteries.

Can SpotClear *Advance* be used in conjunction with other traditional spot and acne treatments?
Yes- if you are using a cream/liquid please use the SpotClear *Advance* first as it may inhibit penetration of light from the LEDs.

Maintenance and Cautions

1) Batteries should be removed when the device is not used for long periods of time.
2) This product is not waterproof. Do not clean with any liquid cleaner. To clean the unit, use a soft dry cloth or alcohol wipe to clean the surface. Do not allow any liquid to enter the main unit.
3) Do not drop this device or subject it to strong impact.
4) Do not use abrasive cleaners.
5) To prevent cross contamination, do not share the device with other people.

Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the Lloydspharmacy SpotClear *Advance*. Any attempted repairs by unauthorised persons invalidates the warranty. This does not affect your statutory rights.

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Made in P.R.C.

www.lloydspharmacy.com

CE 0123

Other Red Light Therapy products available at Lloydspharmacy

ColdSoreClear *Advance*

MouthUlcerClear *Advance*

Allergy Reliever

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